

Schedule of Meeting Times:

WKAC 1080 AM Sunday 7:30 AM
Speaker, Robert Emerson
 Study Sunday 10:00 AM
 Worship Sunday Morn 11:00 AM
 Worship Sunday Eve 5:00 PM
Singing every 2nd Sunday evening
 Study Wednesday 7:00 PM

Preacher / bulletin editor:

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*"Let the wicked forsake his way
 And the unrighteous man his thoughts;
 And let him return to the LORD,
 And He will have compassion on him,
 And to our God, For He will abundantly
 pardon."*

— Isaiah 55:7

**Servants during January:**

Songleader: Stanley (2), Larry (9),
 David (16), Peter (23), Stanley (30)

Reading: Robert

Announcements: Marty

Table: Larry, Peter, David, Stanley

Wednesday Lesson: Stanley (5), Kris
 (12), Larry (19), Stanley (26)

Area Meetings: Gooch Lane, singing,
 1/28, 7pm

Hays Mill church of Christ

21705 Hays Mill Road
 Elkmont, AL 35620

The Bible . Examiner

"Examine everything carefully..." -1 Thessalonians 5:21 NASB

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Sin, Guilt and Depression Part 2

By David Padfield

In Part 1 of this article, the author pointed out various psychological crutches the world offers to help in a "sick" world; but that they will not help if the underlying cause is guilt due to sin.

What Guilt Does

Guilt can affect our physical bodies. David's sin caused him to murder Uriah, and his guilt affected his physical body, i.e., his "vitality was turned into the drought of summer." Like Peter, some people have uncontrollable tears because of guilt. Many individuals cannot get to sleep at night because of their guilt. Sadly, many Christians today lead miserable lives because guilt has a hold on them.

Guilt often leads to other sins as

well. Cain's guilt led to depression and finally murder. Judas allowed his guilt to lead him to take his own life. Herod and Herodias allowed their guilt to end in the murder of John. Guilt can cause you to hate and lash out at those who are trying to help you.

Psychologists often spend a lot of time talking about "why"—but in the Bible the stress falls upon the "what." Psychologists will ask, "Why did you cheat on your wife?" or, "Why did you steal that car?" The question of "why" is a waste of time and leads to blame-shifting. "What" questions (i.e., "What did you do?") lead to the solution for our problems.

The Removal of Guilt

Either you can have yours sins forgiven by the blood of Christ, or you can allow the guilt of your sins to destroy you.

Suppose you were driving in a car and the water temperature gauge on the dashboard turned red and said your car was overheating? You could stop the car, go to the trunk and get a hammer, and then smash the gauge to pieces—and then go on your way. However, you will not get far—destroying the red warning light will not remove the problem—it simply masks it for a little while.

Your conscience is a lot like the red warning light on the dashboard—it tells you when you have a problem that needs attention. You can go to a Freudian psychologist and have your conscience smashed, seared and destroyed—but your problem remains. Your problem is sin and it will never get better on its own! It is possible for one to sear their conscience, 1 Tim 4:2.

When your conscience bothers you because you know you have done wrong, what should you do? Your friends might tell you there are no moral absolutes. A Freudian psychologist will tell you it is your mother's fault. A Skinnerian psychologist will treat you like an animal. However, there are moral absolutes, and your sins can not be blamed on your mother, and you are

not an animal—you have been made in the image of God!

What is the purpose of our preaching? Paul said, “Now the purpose of the commandment is love from a pure heart, from a good conscience, and from sincere faith,” 1 Tim 1:5, NKJV. “But the goal of our instruction is love from a pure heart, and a good conscience, and a sincere faith,” 1 Tim 1:5, Adams. The goal of our preaching is to bring men into a loving conformity to the law of God, and this in turn brings a clean conscience.

Instead of excuse-making or blame-shifting, the Bible advocates that you assume your responsibility and blame, confess your sins and seek the wonderful forgiveness which can only be found in Christ Jesus our Lord.

The word of God can cut you to the heart. On the great day of Pentecost Peter told his audience they had “taken by lawless hands, have crucified, and put to death” the Son of God, Acts 2:23. When these people realized that God had made this same Jesus both Lord and Christ, they were cut to the heart and asked what to do in order to be saved, Acts 2:36-38. Stephen preached a similar lesson before the Jewish council. His audience was also “cut to the heart,” Acts 7:54, but their guilt caused them to kill the messenger, Acts 7:55-58.

A good conscience depends upon good behavior, 1 Pet 3:10,11.

Good lives come from good deeds. Good consciences come from good and noble behavior.

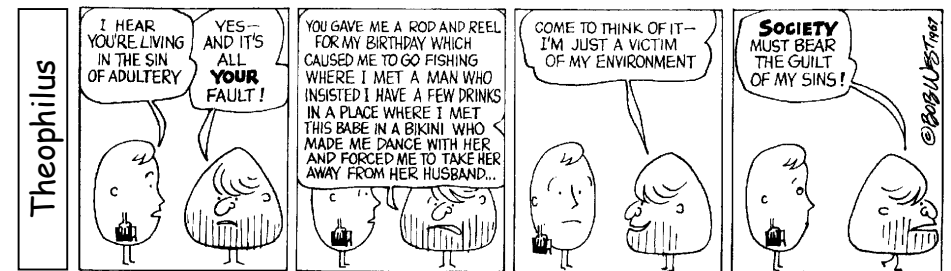
From his guilt, David cried out, “For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer,” Psa 32:4. It was as if God's hand was crushing him. He believed his depression was from God and he considered it the merciful punishment of God warning him and leading him to repentance. David acknowledged his sin and sought forgiveness, Psa 32:5-7. David's forgiveness restored to him the joy of salvation, Psa 51:1-13.

King David demonstrated the wonderful truth of Isaiah 55:7, “Let

the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, and He will have mercy on him; and to our God, for He will abundantly pardon.”

Conclusion

You might be reading this article because you are suffering from the pains of sin, guilt and depression. I do not seek to minimize your pain or your problems, for I know the pain is real. Sin is painful! Sin caused the Son of God to be nailed to a wooden cross. Sin can crush and destroy you. However, I want to let you know there is hope for your problems, for “Christ Jesus came into the world to save sinners,” 1 Tim 1:15. 📖



Remember in Prayer

Tim has been in HH a couple days with Covid pneumonia, but with some improvement; **his father, Norman**, also tested positive, but **Dot** was the negative. **Pam and Buddy** continue to have health difficulties; also, **Buddy's sister Brenda** passed away a little over a week ago. **Betty and Robert** also have health issues;

Betty's sister Regina has cancer; and **Betty's niece** has been given a particularly bad diagnoses regarding cancer as well. **Robert's brother-in-law** has blood-clots. **Cindy P's husband, Dwight** still needs prayer as well. Please continue to pray for **Madelene Britnell, Carolyn Dennis, and Joyce Smith.** 📖